

October Challenge

Name:

Year:



Write a letter to your future self.



Create a vision board for this month.



Spend 15 minutes meditating.



List 10 things you're grateful for.



Draw your favorite part of fall.



Write about overcoming a challenge.



Try a new hobby and document it.



Make a list of 5 books you want to read.



Write a short story set in a spooky place.



Spend time outside and take pictures.



Write about a person you admire.



Create a bucket list for the rest of the year.



Write a poem about the changing seasons.



Carry out a random act of kindness.



Wear your favorite sweater or scarf.



Write about a Halloween memory.



Create a list of positive affirmations.



Research a historical event happening in October.



Write a letter to someone you hate and burn it.



Set a new goal for the rest of the month.



Watch a movie set in the fall.



Design a Halloween costume.



Do one thing that makes you happy.



Create a piece of art that represents you.



Set an intention for November.

Notes